

armanni antoine-chagar
age 14
waltham forest - london
triathlon



athlete profile

When she was younger Armani wanted to represent her country at swimming but since she got involved in triathlon training she has set her sights on the Olympics. After meeting and talking to Dame Kelly Holmes and Natasha Danvers she would love to represent her country in the triathlon.

With her grant Armani has been able to be coached by a level 3 tri coach, who has helped her improve in all aspects of the three disciplines as well as giving her vital tips and practice on transition. She is now able to include a regular session with a physio, as well as getting most needed equipment.

She enjoys competing in races and making new friends outside of school. She prepares differently for every event but always has porridge and anything light in the morning before a race. She wears bright knee length socks and has now got a big collection. She wears them even when it's really hot!

Her training involves the following; Monday: 1 hr swimming, 1 hr core training. Tuesday: 45mins swimming, 1 hr track training. Wednesday: Turbo session, 1hr swimming, 1 hr x-country/road running. Thursday: 1 hr bike + run training, 1hr swimming. Friday: Rest. Saturday: 1 hr bike/running if not competing. Sunday: 2 hrs tri-training or 2-5hrs Tri-Academy Day Training, if not competing.

What makes you most proud to be British?

"When I watch the Olympics and see so many British athletes - men and women of all colours – I feel lucky to be from a country that is so multicultural and full of opportunities such as the Dave Aitchison Fund. "

key achievements

- May 09 Crystal Palace Tri London Series – 1st
- July 09 Eton Open Water London Series Triathlon - Tristar3 - 4th, 37.09
- July 09 Aquathlon London Youth Games - Tristar3 11.11 - 2nd
- August 09 MAZDA London Triathlon Super Sprint Youth - 4th
- 2009 Essex Schools X Country Championships – 6th
- 3rd in the mini-marathon in 2008
- 10th in IRC in 2007
- 9th in IRC in 2008
- Member of the London Region Tri Team

aims

- The Olympics would be an ultimate goal: to be competing with the best athletes in the world and win would be amazing

"Most importantly, the award has given me confidence in my potential – it feels good that somebody outside of my family believes in my future prospects and is willing to help support my dreams for my athletic career." – Armani Antoine-Chagar



Did you know?

SportsAid is the only UK charity working with 48 National Governing Bodies of Sport. We help an average of 1,500 athletes every year, both disabled and able bodied.